Learn Telepathy

Increase your Mind Power

How to use telepathic techniques

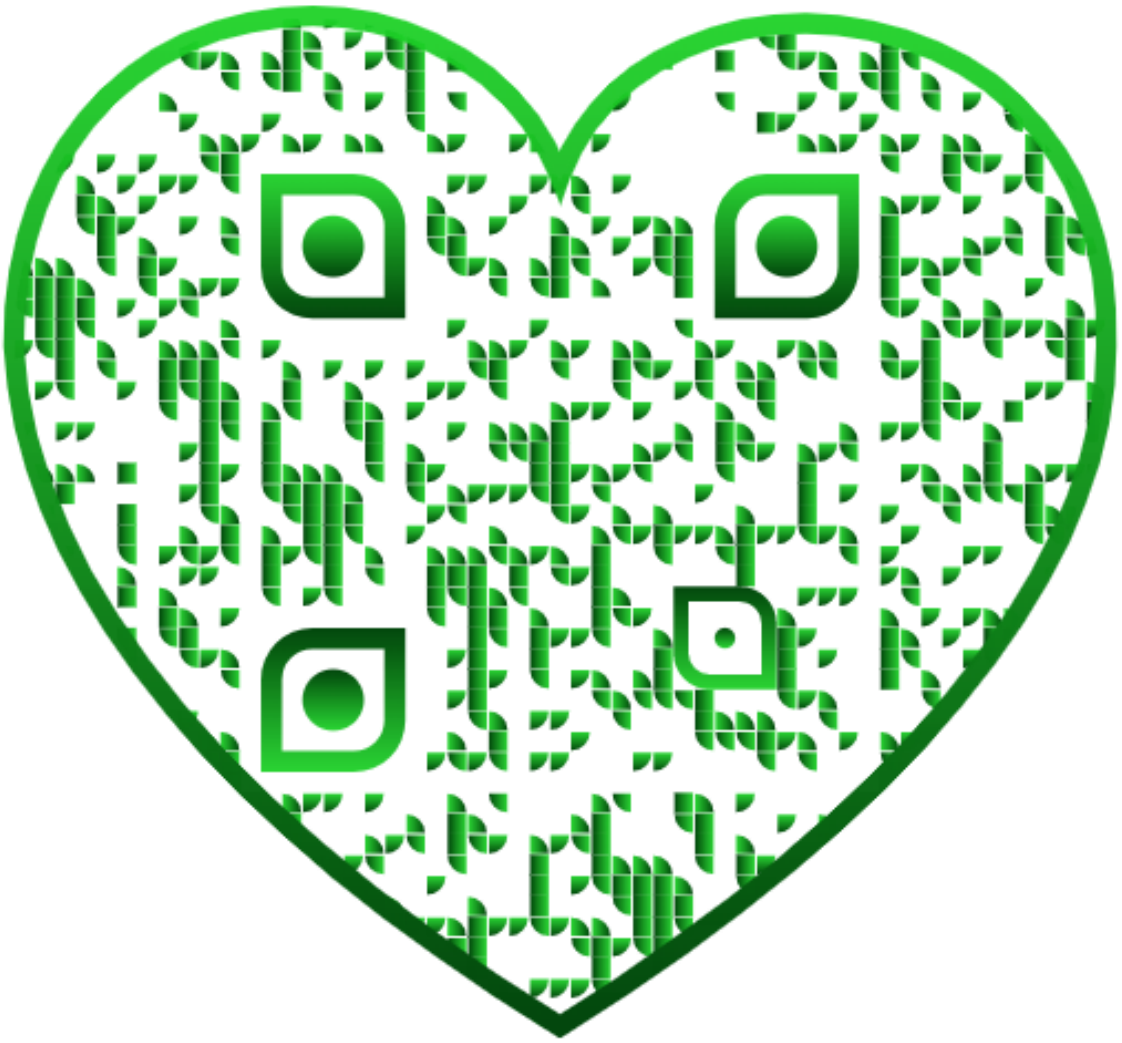
to transfer thoughts

The secrets of influence of thought

The 7 Lessons

4 verlag you

Raymond Hesting



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CONTENTS

Lesson 1

- Unknown Forces of Nature
- Unknown Forces in Man
- The Laws of Thought Power
- Every Goal can be Reached through the Power of Your Thoughts
- How to Strengthen the Power of your Thoughts

Lesson 2

- Powerful Thoughts also have External Effects
- Thoughts are Deeds
- How to Radiate your Thoughts
- Influencing others through Thoughts
- Techniques of Mental Influence
- 1. Verbal Influence
- 2. Mental Influence - Preparation
- 3. Mental Influence - Person Present
- 4. Mental Influence - Person Absent

Lesson 3

- Experiments with Telepathy

- A Simple Experiment on the Street
- An Experiment in the Cinema or Theatre
- An Experiment with Friends
- Telepathic Influence during Sleep
- Telepathic Conjuring Trick
- Another Telepathic Conjuring Trick
- Influencing Acquaintances Remotely
- Another Method of Infuencing Acquaintances Remotely
- What is Important with Telepathy

Lesson 4

- The Experiments of Dr. J. B. Rhine
- The “ZENER CARDS“ (Originated by Dr. Karl Zener)
- Telepathy under Hypnosis
- Sixth Sense Experiment
- Another Experiment under Hypnosis
- What is the Sixth Sense?
- Sixth Sense and Gambling
- Practical Instruction for the Lottery

Lesson 5

- Thought Power and Health

- The Secret of Mental Healing Power
- Miraculous Healing through Thought Power
- Practical Rules For Mental Healing Power
- Performance Enhancement
- Thought Power and the Small Things of Everyday Life

Lesson 6

- Personal Magnetism
- Three Small Secrets of Empathy
- Practical Magic through Thoughts
- Magic Experiments through Imitating
- How Thoughts can Compel Love
- How Thoughts can Compel Faithfulness

Lesson 7

- Perception of the Future
- Facts About One's Perception of the Future
- Development of the Inner Voice
- Indirect Telepathy
- Experiments with Reflexes
- Removing Inhibitions and Mistakes through Thoughts
- Summary and Revision

LESSON 1

UNKNOWN FORCES OF NATURE

Most people believe that every force of nature, including nuclear power, has already been explained and researched in detail. We can use forces like electricity, magnetism, gravity as well as nuclear power, but we can't explain them in a way which covers all the facts and details. A surprise for you?

Believe it. Different natural phenomena produce outcomes which are determined by the acting forces. By pure observation, certain laws have been discovered which explain how those forces function and these laws have been confirmed through experiments, even though man does not fully understand those underlying forces.

Hence it is possible to use a force which may not be fully understood, because we can see the effects of that force. Likewise, one can have a mental image without seeing the real thing.

The laws which describe underlying forces allow for their wide and systematic use. Theories have been hypothesized which provide an intellectual explanation of observed laws, even though the actual force cannot be completely understood. Such theories attempt to explain everything connected with their related forces.

There are theories about electricity one of which is the theory of electrons which is universally accepted. Magnetism is explained by molecules of magnetic elements aligning according to certain lines of force. Gravity is seen as the effect of gravitational attraction and whilst new theories about nuclear power are being proposed, old ones are being discarded. We know the laws but cannot fully explain the underlying force itself. With only few exceptions are those laws permanently valid and the science universally accepted.

We learn different theories at school and consider them as real as simple mathematics, such as saying that two apples plus two apples make four apples.

As a consequence we don't really fully think those theories through, and subsequently we acquire new knowledge and formulae which are "nearly" true but then these are replaced subsequently by new insights within a few years.

This is true for gravity, electricity and magnetism. Before long, new insights will have reached a state that will necessitate basic changes of the universally accepted theories.

UNKNOWN FORCES IN MAN

In nature – of which man is part – unknown forces are at work. Certain laws concerning different forces within man are already known. However, experiments with chemical substances, magnets or electrical power-lines are totally different from those of experiments with a living person. Therefore the development of easily understandable and universally valid theories has not been possible so far with mankind.

Even without universally valid theories, no enlightened person will deny that unknown forces are at work in man. An example: A young man experiences his first ride on a motor cycle. He has so much of fun that he wants to have a motor cycle for himself – despite the high price! This strong wish produces the power that motivates the young man to do without a number of amenities and pleasures of life, yes even to the extent of earning the necessary money through working overtime all of which results in that wish being fulfilled.

Or think of the power of thoughts and ideas that conceived many things before their realization became possible: skyscrapers, ships, airplanes, wars and revolutions. Who now wants to say that thoughts are just thoughts without any unknown forces behind them? This would not be true because according to the Indian yoga doctrine 'thoughts are deeds' – and here the Indian sages are right as they are in many other things. Within thoughts hide

a power which brings forth corresponding deeds. However, thoughts ought not to be neutralized through opposing thoughts, but rather must be intensified and augmented

THE LAWS OF THOUGHT POWER

Wherever forces are acting, you can find certain universal laws at work, and the power of thoughts is no exception. Just as similar load carriers together add up to a higher voltage and tiny magnetic metallic parts form a stronger magnet, thoughts can be intensified and be augmented by similar thought elements.

And just like any given voltage can be neutralized by applying an equal and opposite load, or a magnet can lose its effect through opposing magnetism, thoughts lose their power through opposing thought elements.

Following the example of exact science, you could also summarize this in a formula.

For Example: Positive thoughts plus positive thoughts amount to a positively acting force. The resultant formula would look as follows:

(Positive Thoughts) + (Positive Thoughts) = (Positive Power)

PT + PT = PP

(Negative Thoughts) + (Negative Thoughts) = (Negative Power)

NT + NT = NP

(Positive Thoughts) + (Negative Thoughts) = (No Power)

PT + NT = 0

Positive thoughts and negative thoughts neutralize each other. You must bear this in mind if you want to realize a plan or a thought. And doubts are negative thoughts.

EVERY GOAL CAN BE REACHED THROUGH THE POWER OF YOUR THOUGHTS

Thus, by application of the previously stated Power of Thought Formula, every goal can be achieved.

Let us assume that you have an idea which you want to realize. You produce thoughts aimed at that realization. At the same time you generate opposing thoughts which neutralize the acting force of the original thoughts striving for the realization of your idea. The result is as follows:

(Positive Thoughts) + (Thoughts of doubt) = No Force

PT + NT = 0

If you really want to realize a goal you must only think thoughts serving this goal and its realization, and you must avoid all thoughts which might inhibit it – all doubts and opposing thoughts. Doing this you intensify those powers of thought striving for a realization on a daily basis. Finally they act together and the goal is achieved.

Thoughts are the driving force of our willing and action – the origin of our deeds. There is no action without thoughts striving for action! And there are no restraints (opposite of action) without inhibiting, doubting thoughts.

Success and with it, the destiny of a person, is the result of deeds and restraints. Thus the causes for success and failure do not just lie in the things somebody does, but also in what he/she doesn’t do! If you refrain

from doing something which would be necessary for your existence, you commit a negative deed. This is how the Indian yoga doctrine sees it, and it demonstrates indeed the effect of a natural law.

If you really want something, create the necessary thoughts which aim in the appropriate direction. If you want to avoid something, create the necessary thoughts aiming in the opposite direction.

HOW TO STRENGTHEN THE POWER OF YOUR THOUGHTS

Thoughts are forces which tend to behave in patterns of accumulation, neutralization (mutual cancellation) and also tend to follow the person's basic underlying tendencies.

See again these laws expressed in formulae:

r. Thought + r. Thought = (r) positively acting force

(-) Thought + (-) Similar Thought = (-) negatively acting force

r. Thought + (-) Similar thought = (r.) no force

(r. = restraint)

Secrets of the power of thoughts:

• Constantly thinking positive thoughts produces a positive force which will want to be realized. If this realization is intentionally held up, the power of those thoughts are increased and this force becomes stronger and stronger and produces a potential force which can be seen in a person's entire body and soul.

• People then become positive, radiant personalities who are successful in every situation.

• Negative thoughts, (e.g. criminal thoughts) which are constantly increased without being realized, result in negatively radiant personalities, that is they become persons whose thoughts can be “seen“ in their whole being - even in the way that they talk and look.

• Some other effects of these laws include: If you get worked up about thoughts of an unhappy love affair, you will get sick and lose weight. If you are enthused about thoughts of harmony, joy and happiness, this will show in how you are, which is in accordance with the saying: ***“He/she radiates with happiness“!*** Old sayings are often full of hidden truths and wisdom!

LESSON 2

POWERFUL THOUGHTS ALSO HAVE EXTERNAL EFFECTS

One of the laws of the power of thoughts is:

EVERY THOUGHT STRIVES AFTER BEING REALIZED!

And it doesn't matter how it realizes itself. Realization could happen in several different ways: a certain thought keeps returning into a person's mind; one particular thought often will attract similar thoughts aimed in the same direction; a thought often "accumulates" strength which is helped through the interaction of body, soul and spirit. The thought – if it is strong and its realization is intentionally held up - realizes itself through thought radiation. But also the building up of an ineffective, neutral thought complex by linking it to an opposing thought, is a realization.

All these possibilities are of a twofold interest to us. First: The expression of thoughts through the mediums of soul, face and body means that the power of thoughts produces deeds!!!! Second: The thought realizes itself by radiating to the outside. Here the so called telepathy is involved.

We want to examine in depth, the two ways in which thoughts act.

But the following law should be first stated:

THOUGHTS WHOSE ACTIONS ARE INTENTIONALLY DELAYED, WILL BE TRANSFORMED INTO RADIATING ENERGY!

The strength of this radiating energy depends on the strength of the originating thought.

THOUGHTS ARE DEEDS

It is up to man to determine and direct his/her life by knowing the laws working on thoughts.

Thoughts which we want to be realized must be thought over and over again. This is the active part of human freedom. Every deed originates from a particular thought and every thought wants to realize itself if it is not inhibited or neutralized by an opposing thought.

Here is a clear line of thinking - a strategic course leading to advantageous action. A person must know what he wants, and a person who knows what he wants will always reach his goals because only those thoughts are thought which move toward the objective.

There is also a passive part of human freedom: Unwanted deeds can be avoided if thoughts are directed in an opposing direction. Both freedoms, the active and the passive ones, are similar and work within the established framework of natural laws.

Changing your views on thoughts and deeds will also change your life. Previously you were not sure about the effects of your thoughts and therefore left things to chance. Now that you know what to pay attention to, and know your personal freedom lies in your thoughts, you have the possibility to shape your life according to your desires. Through the necessities of life, nature subconsciously leads the direction of our thoughts but everybody can thrive if the laws of thoughts are consciously applied and deeds are strategically determined - actively as well as passively.

HOW TO RADIATE YOUR THOUGHTS

We have already established the possibility of influencing your life actively and passively through applying the laws of thought – but there is another far better possibility which may support you in the strategic and successful shaping of your life: the intensification of the power of thoughts to the extent that your thoughts radiate to the outside.

In former times people talked a lot about ‘personal magnetism’, of a ‘personal appeal’. Modern writers about personal success hardly ever use these terms anymore. The build-up of positive powerful thoughts however,

IS such a personal appeal. Empathy and aversion result from human thoughts. If you “collect“ positive thoughts the resulting power, when not able to realize itself, starts working in the form of radiation.

Some Practical Examples:

• There is a young man who wants to own a motorcycle. Through the power of thoughts he has already come quite far, he has enough money which he does not spend on a motorcycle but which he saves in his bank account. He piles up power of thoughts which now radiate to the outside. His behaviour changes and his whole personality becomes more attractive and more successful.

• Somebody who always cherishes instinctive thoughts but postpones his satisfaction, i.e. their realization, will soon be so full of a radiating thought power that he starts working mentally and creatively. If this is also prevented, this person’s appeal will show through his personality alone – and that is all that I want to say on that. Most artists, actors and personalities use this kind of thought power, the building up of desires.

INFLUENCING OTHERS THROUGH THOUGHTS

You certainly know that there are people who are able to influence other people just through thoughts so that these people do what they say. This is the effect of the so called radiating personality which might even result in hypnotizing people solely by thought power. Proofs for this have been documented and mysterious cases continue to be cited in relevant specialized papers.

People who reinforce their instincts and desires through thoughts in a way that they want to be realized but whose realization is self-thwarted or postponed, accumulate radiating powers which then express themselves in another, more mysterious way.

You might know that rich people, and above all, creative personalities frequently visit bars, night clubs and other “stimulating“ settings. Do you think they just want to satisfy their animal instincts? No! Such personalities “collect“ thoughts, intense desires and stimulated instincts in order to ---

NOT satisfy them, but to draw creative power out of them. Such people lack neither ideas nor money. Creative work can only be done if strong intellectual powers are at work which cannot take effect other than creatively and radiantly. And you wonder if personalities like this, whether artist, author or politician can influence the masses, yes even whole peoples. This is one of the biggest mysteries of thought power and you will never have any regrets if you draw your conclusions from this. Thoughts are the basis from which desires develop, instincts are intensified, and deeds are done. But the delaying of the realization creates the mysterious power which we admire in great personalities.

TECHNIQUES OF MENTAL INFLUENCE

Now you know where the power for the mental influencing of others comes from. You certainly want to learn the detailed techniques for using this power. Read these incredibly simple instructions:

1. VERBAL INFLUENCE

You imagine the person you want to influence doing what you say. You look into his eyes or rather between the eyes and the nose bridge, and talk to him.

2. MENTAL INFLUENCE - PREPARATION

First you think what you want from this person – precisely and clearly, in sociable terms - but use the imperative. Then you influence him/her through words as described in the previous paragraph.

3. MENTAL INFLUENCE - PERSON PRESENT

Look the person in the eyes for a couple of seconds, inconspicuously and calmly and think of what you want to achieve. Use the imperative!

4. MENTAL INFLUENCE - PERSON ABSENT

You imagine the person and talk to him/her about what you want to say. Or you give him/her – mentally – the appropriate commands and instructions.

LESSON 3

EXPERIMENTS WITH TELEPATHY

If you have accumulated sufficient mental power through the buildup of unfulfilled desires, your telepathy experiments will be successful. If, however, all your desires were satisfied immediately, you will seldom be successful – unless you are especially gifted for such kind of experiments.

A SIMPLE EXPERIMENT ON THE STREET

If you want to control your thought power, tryout the following on the street:

Look at the neck of a person walking in front of you (distance between 20 and 80 feet). You imagine the person turning his head towards you. The more vividly you imagine the turn of the head, the quicker you will see it actually happening. However, you must not make any noise: no coughing, no stamping etc. The connection must develop only through your thoughts and your imagination.

AN EXPERIMENT IN THE CINEMA OR THEATRE

Do what has been described in the previous paragraph in a cinema or theatre. Look at the neck of somebody sitting a couple or rows before you and imagine the person turning his/her head towards you. The success will show you how strong your thought power is. It is not important to utter mental commands but to strongly visualize the head turning towards you.

AN EXPERIMENT WITH FRIENDS

Have the experiments above been successful? Then you could try the following.

Do some of your friends visit you frequently at home? Stand in one of your rooms and imagine precisely one of those friends. Now imagine him/her thinking about you and deciding to pay you a visit. Imagine him/her coming to your house, knocking on your door and coming in. Think of this scene for two or three minutes and then think of something else. If your thought power is strong enough and the visit is feasible, your friend will really show up.

TELEPATHIC INFLUENCE DURING SLEEP

It is well known that the so-called sixth sense is especially active in dreams. You certainly already have had dreams that came true. Friends and other persons you know can easily be influenced telepathically during their sleep. Think intensely about someone whilst he/she is asleep. You can influence this person by precise and clear thoughts or by making mental commands; however, you shouldn't keep repeating the thoughts or commands for more than ten minutes.

For easy verification, in your "telepathic thinking", invite the friend over for the next day or put in his/ her mind a reason for paying you a visit. Again the power of your thoughts is crucial.

TELEPATHIC CONJURING TRICK

In order to control your thought power try the following experiment, or rather conjuring trick.

Put six different playing cards on a table: two aces, two kings and two normal ones. Sit opposite a friend and hold your hands before your eyes so that you can see the cards but your friend cannot see your eyes.

Look at one of the cards and imagine your friend taking it. Tell your friend to look at the cards without focusing on any particular one. After some time ask him/her to take one card. It will be the one upon which you were focused. For your friend's verification you ought previously to have written down the name of your chosen card

You will see that this experiment will work more often than could be ascribed to chance or probability.

ANOTHER TELEPATHIC CONJURING TRICK

Take seven different cards, choose one of them and offer them to a friend. Tell him / her to look at all of them without any preference and then, after some time, to take one of them. You imagine the card which you had previously chosen with closed eyes and you will see that in most cases your friend will pick the card you wanted. Write down the results. If more than 40 % of your experiments are successful, you have quite strong thought powers.

i. INFLUENCING ACQUAINTANCES REMOTELY

Try the following if you want to influence somebody at a great distance without sending a letter or calling.

Write what you want to say on a big sheet of paper and put it in front of you. Sit down and keep looking at the paper. Imagine this person and wish that the words you wrote down may reach him/ her.

This ought to last about ten minutes during which time you must concentrate your attention on this person.

ANOTHER METHOD OF INFLUENCING ACQUAINTANCES REMOTELY

Sit down and write a letter so somebody in which you explain precisely what you want to achieve. Address the letter, put a stamp on the envelope and seal it. Go to the letter box but don’t throw the envelope in. Whilst standing at the letter box put the letter in one of your pockets and leave it there for a couple of days.

Like all other similar experiments, this kind of remote influencing works best if desires have been accumulated for a considerable length of time.

Some religions use times of fasting and exercise to promote this mental effect.

WHAT IS IMPORTANT WITH TELEPATHY

You already know that experiments and telepathy work best if thought power has been increased through a backup of unfulfilled desires. You can prove this by doing the experiments when your thought power is weak due to your having satisfied your desires, and then again when it is strong due to your having accumulated a back up of unfulfilled desires. Write down the results and compare the differences. This is the best and most reliable proof that thought power can be increased through a backup of unfulfilled desires.

It is also important that whilst conjuring up a mental image of a certain person, you restrict your thinking to the inner, imaginative “seeing“. Just thinking the name of somebody will not bring success. You can practice this by imagining the person standing in front of you as vividly and concretely as possible. Thus you not only come into a mental contact with that person, but you also train your faculty of imagination which is especially important with any telepathic experiments.

If you want to put any given action into a person’s mind, even if it is only a turning around of the head to your direction, you must be able to imagine this scene so clearly as though it had already happened. If you want somebody to light a cigarette, you must see and actually feel the scene in your mind’s eye. You can also do a mental transfer of the enjoyment related to the action – in this case, the smoking of a cigarette. Mental or literal commands have always to be really wanted in your vivid imagination of the desired action.

LESSON 4

THE EXPERIMENTS OF DR. J. B. RHINE

Dr. Joseph Banks Rhine, an American professor of psychology at Duke University, together with his team, conducted prolonged experiments on telepathy and extrasensory perception – with considerable success. The team carried out more than 100,000 experiments and tests and recorded the results with scientific precision.

The test conclusion was:

There are extrasensory perceptions and telepathy which do not involve the senses.

Dr. Rhine is neither a cranky occultist nor a mystic personality, but a serious and accurately working scientist. His experiments were not grounded in speculations but rather formed a base which served as a springboard from which other psychologists were able to conduct further research. And they were the proof of the genuineness of telepathy and also that extrasensory perceptions form a part of consciousness.

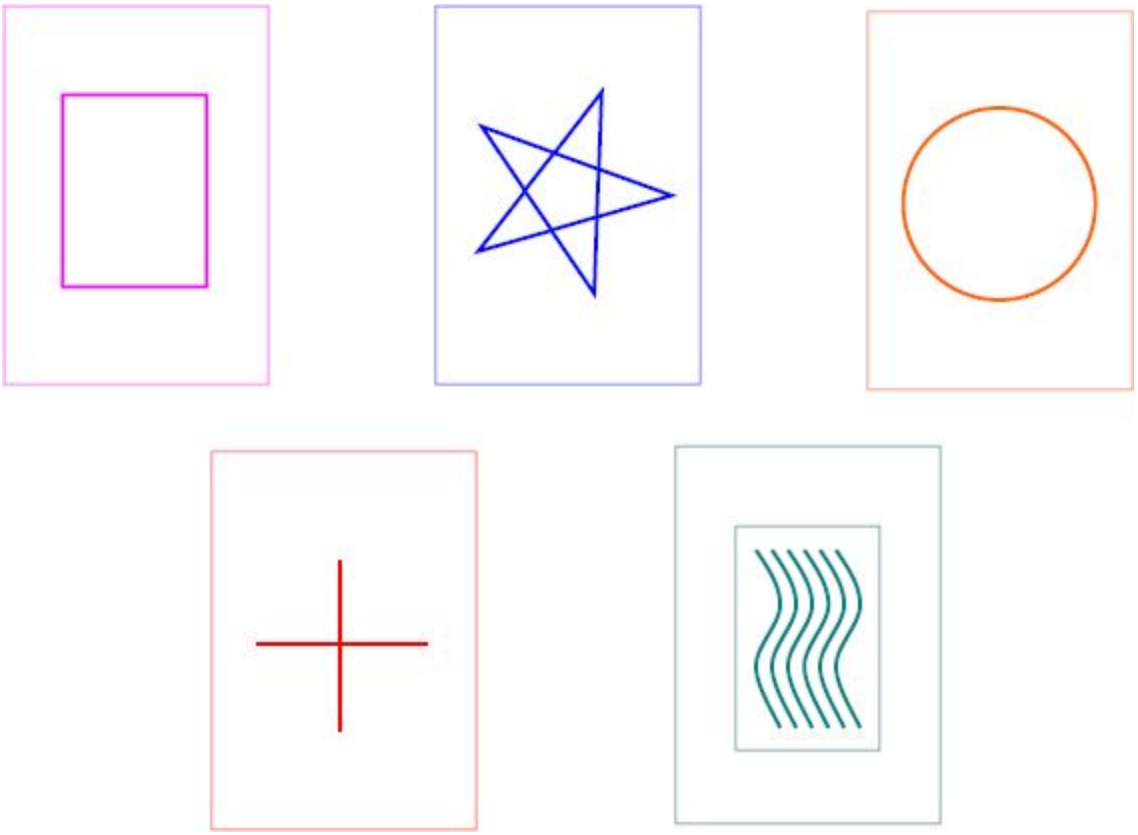
For the experiments, Dr. Karl Zener, a colleague of Dr. Rhine, designed five cards showing the following symbols: cross, square, circle, star and wavy lines (see next page). Experiments were mainly done at a table at which the operator and the test person sat opposite to each other. Both had the “Zener Cards“ in front of them. A non-transparent grid was fixed in the middle of the table to prevent the test person perceiving subconscious muscle movements or other sensual indicators of the operator. Most experiments were done with 25 cards – 5 for each symbol.

THE “ZENER-CARDS“ (ORIGINATED BY DR. KARL ZENER)

The test person had to guess which card laid on top on the side of the operator, how the other cards were arranged etc. The results showed that

about 1 % of the test persons were especially suited for telepathy and that to varying degrees, everybody has this ability. If the guess had been just random chance, the results would have followed probability patterns. However, the results of Dr. Rhine's test persons far exceeded any probability expectations.

The "Zener Cards", (as used in the Rhine-Experiments):



TELEPATHY UNDER HYPNOSIS

Just as the five normal senses can be made extremely sensitive under hypnosis, the so-called "sixth sense", the subconscious perception of extrasensory effects, can also be sensitized and improved.

SIXTH SENSE EXPERIMENT

A hypnotist put a patient into a hypnotic deep sleep; they are both surrounded by a number of spectators or controllers. The hypnotist brings

the patient into a corner of the room and leaves him there with his face pointing towards the wall. Then he collects a small item from each spectator and the items are put into a box. He fetches the patient and tells him to give the items back to the person to whom it belongs – with the box still closed!

The results of such experiments often are amazingly successful and they have nothing to do with random chance or probability.

ANOTHER EXPERIMENT UNDER HYPNOSIS

The patient, in deep sleep, is alone in a room. Spectators or controllers sit in another room. The hypnotist gives each of them a playing card which they should memorize. The cards are collected and shuffled. The patient comes into the room and gives each card to the right person, i.e. the one who had previously memorized it. Much to the surprise of the spectators, most of the cards are distributed correctly.

WHAT IS THE SIXTH SENSE?

At school we learnt that man has five senses: sight, hearing, smell, taste and touch. Apart from this, man also has a sixth sense with which perceptions beyond the general five senses can be felt.

The sixth sense is usually mentioned when people talk about clairvoyance. Saying however, that the sixth sense is the clairvoyant sense, would be inaccurate. What is a faint feeling for one person can be a clear mental perception for another. With especially sensitive people it can even be hearing or in some rare cases, real external seeing.

The term clairvoyance is only a vague explanation for what it really means. The general opinion is that a clairvoyant would be someone who has a clear image of, for example, a winning lottery number. However, it can also be applied to someone who has extrasensory perceptions and just “feels” an inner certainty that a particular number will win.

The sixth sense is the semi-conscious or the totally conscious feeling of extrasensory perceptions. The person may be asleep, dreaming, or

experience a sensual perception whilst awake.

In general, these perceptions can be described as a sixth sense. One person perceives the smell of a corpse when he/she shakes hands with somebody; another person just feels a hand that is cold and clammy; a third person may imagine a coffin or a tomb, and a fourth person feels pain at exactly that part of the body where a fatal disease will cause death. A sixth sense experience varies according to one's individual nature and sensitivity.

SIXTH SENSE AND GAMBLING

You will have heard or read that many winnings in gambling have been achieved by using the sixth sense. One person sees a row of numbers in a dream; another one sees a lottery number. But hardly anyone will have won the jackpot through extrasensory perception.

PRACTICAL INSTRUCTION FOR THE LOTTERY

To test your potential extrasensory perceptions for gambling or lottery, try the following.

Place a lottery ticket in front of you and gaze at it quite relaxed, and without any particular interest. You will think of individual numbers, most of them without any special order. If the ticket is for the football pools, you might think of a score draw for the seventh fixture. Write that down on the ticket. With lottery tickets individual numbers might continue appearing. Tick those numbers.

Note: Should you have extrasensory perceptions, don't force them. You must look at the ticket calmly and relaxed and without focusing your thoughts on the winning result. Write down the number that keeps coming back to you in the form of an inner image. Lack of prejudice is an advantage – and with football pools you should not be informed about the teams. If you are a football expert fill in just the number without knowing who plays and where the play will take place. It is quite common knowledge that experts make up only a small proportion of lottery/football pool winners.

LESSON 5

THOUGHT POWER AND HEALTH

A person's thought-power potential and health are closely connected. Most people with negative thought-power are ill or at least have frail health. People with positive thought-power however, are usually healthy and strong.

Health is influenced by thoughts. If you want to stay healthy you must not let negative thoughts reach your consciousness. A practical example is lovesickness. If your love for someone is not reciprocated and you keep thinking of the person with whom you are in love, you will become weak and sick. Many vital, healthy people have thus brought themselves to the brink of death.

Another example is anger. Thoughts connected with strong emotions like this can even cause gastric ulcers and other serious illnesses.

THE SECRET OF MENTAL HEALING POWER

Mental healing powers are often seen as miracles although they are actually the effect of strong thoughts being accompanied by deep emotions. With thoughts of confidence and hope, ill persons can consciously influence their illness and facilitate recovery – if they can persuade themselves that they are already on the road to recovery.

With serious diseases that are a matter of life and death, the direction of the sick person's thoughts is crucial. If they are negative and accompanied by feelings of surrender, revival will hardly be possible. If, however, thoughts are positive and directed towards life and health, the ill person will overcome his/her disease and become healthy again.

Talks of miracles always imply something supernatural, something special. Mental healing power, however, does not imply anything supernatural or special. Direction of and the power of thoughts are the only things that

matter. If an ill person directs his/ her thoughts to health and improvement, faith, hope and confidence are regained, and nature can do its job and the body recovers.

Where thoughts of desperation, doubt and approaching death abound, nature's work is inhibited and the illness is given opportunity to make things even worse. Negative thoughts weaken resilience and allow germs to destroy health.

MIRACULOUS HEALING THROUGH THOUGHT POWER

Actual miraculous healings like the ones achieved by saints, priests and princes in ancient times, or even today by natural health professionals and especially gifted people, can be solely ascribed to thought power. Thoughts want to be realized, especially if they are reinforced by strong feelings and emotions which are always the case with miraculous healings. Religious or other faiths unleash deep feelings and emotions which can reinforce the thought of recovery to an extent that could well result in instant healing.

Such immediately working thought powers can even cause physical changes, and sickening debilities can sometimes be removed within seconds.

PRACTICAL RULES FOR MENTAL HEALING POWER

Please observe the following rules if you want to use your thought power to either stay healthy or to facilitate your recovery:

1. Thoughts causing anger, hatred, rage and envy, damage your health. Stomach, liver, gall bladder, nerves and the heart are especially sensitive to these damaging emotions.

2. Thoughts of joy, happiness, relaxation and contentment, support and enhance health.

3. Thoughts of faith, hope, courage and confidence support nature in increasing resilience and the elimination of illnesses.

A practical example:

A man had marriage problems. His wife was cheating on him and he was not able to cope with the situation. After some months he showed signs of a serious stomach ulcer. Medical treatment and even a week-long hospitalization did not bring a long-lasting recovery. In a newspaper the man read about the connection between lovesickness and stomach problems, and went to a psychologist who successfully persuaded him to cease thinking about the cheating of his wife, but rather think about the good times they had had together. The couple reconciled and after some weeks the x-ray showed that the gastric ulcer had disappeared.

Mental strain keeps bringing about negative thoughts which poison and destroy the body. Only positive thoughts can help, all the more if they are linked with positive emotions and feelings. Forgiveness, grace and genuine understanding can be a huge help in overcoming negative thoughts and replacing them with positive ones.

PERFORMANCE ENHANCEMENT

Physical attributes mainly work subconsciously and nature tries always to maintain an optimal state of physical and mental health, both of which are supported by positive thoughts, and which negative thoughts inhibit.

Realizing this is the secret of both good physical and mental health. An unsatisfactory job will hardly stimulate positive thinking, but will rather result in ongoing negative and discontented thoughts.

This is the reason why the choice of a profession is so utterly important for life, physical health and also for optimal mental health and job performance. If your profession or your job forces you into negative thoughts, you should either train for another one or at least look for a new job. This is a freedom which everybody has.

Constant dissatisfaction and work stress over time will poison the blood because negative thoughts result in illness and a weaker performance. Realizing this is vital for success, because mental attitude and effectivity are

the main factors that determine the amount of people's earnings, life style and standard of living..

If you are dissatisfied and know that in another area or in another profession, personal and professional effectivity would thrive, perhaps you should try to make a change. Something you should avoid is seeing only the negative sides of your life and thinking negatively. Personal effectiveness can only be improved by positive thoughts and will always be weakened by negative ones. Think about you and your profession and take appropriate action!

THOUGHT POWER AND THE SMALL THINGS OF EVERYDAY LIFE

Thoughts also affect the small things of everyday life. If a plate falls to the floor of the kitchen, it is no reason for fighting or negative thinking. Better to deal with the damage than conjure up negative thoughts. And this is true for every situation. Money can be earned again but the damage of negative thoughts is much more difficult to repair.

If your shaver upsets you every day – buy another one. If you keep hurting yourself with your razor blade – buy an electric shaver, and many negative thoughts will be eliminated immediately.

How much money is spent on luxury. This amount could easily be used for improving many small items of everyday life, thereby eliminating the causes of negative thinking. It is not really smart to buy major things in installments in a financially strained situation. Hard work for many months just to own something which mostly you do not even need and which triggers negative thoughts, either means you burn the candle at both ends or you are just plain stupid!

One of the most dangerous poisons of everyday life is living with a quarrelsome and bossy partner. Such a situation is a cause for inhibiting and damaging negative thoughts.

If a marriage does not work well it is better to think of a divorce than to keep struggling for a whole life. For the destiny of a man, marriage is a key aspect. A wife can motivate her husband to achieve top performance; another one can strip him of everything which is nice and beautiful. If you want to be happy and successful, two things have to be right: - marriage and profession. With both of them being totally frustrating, life turns into plain hell.

LESSON 6

PERSONAL MAGNETISM

Personal attraction, also sometimes called personal magnetism, is determined by thought potential. People who realize every thought and fulfill each desire immediately be it through actions or words, lack attraction. In groups you can see that in the majority of cases, the attractive person is not the one who talks much, but the one who listens.

One could say that each utterance of a thought is like a power discharge, whereas each holding back of a thought utterance is like power accumulation. Two people sit together. One of them talks too much whilst the other one listens attentively, and from time to time makes small comments which do not really mean much. In such a setting you will notice that one person expends power whilst the second one accumulates it.

If you want to be personally attractive you must pay attention to the following:

1. Let others talk and you just listen. Thus the power which your counterpart releases by expressing his or her thoughts, will flow into you.

2. Avoid: the desire to hear approval, to envy, urge to communicate, curiosity, and excessive talking, and you will accumulate mental power.

3. Through shrewd communication, try to steer your discussion so that your partner will tell you as much as possible. Through this he/she will give away mental power which you can accumulate. And what is more: You will be seen as really good company..

THREE SMALL SECRETS OF EMPATHY

Some people are very well received in any setting and are treated with esteem and respect. Others are shunned, ignored and mistrusted. If you

want to be treated with respect you should know three small seemingly innocuous secrets.

1. Personal attention leads to respect and confidence. The practical side: If you meet somebody always be polite and inquire after their personal interests. Give some stimuli for a conversation. The other person will always enjoy seeing you.

2. People who are able to influence others are seen as people with a huge potential. Practical side: In conversations look at your partner's nose bridge. What you say then affects his/her sub consciousness and thus influences him/her. On the other hand, if that person talks to you, you must avoid direct eye contact with him/her. But don't make it too obvious and always be polite.

3. People who are reserved and sort of mysterious, appear attractive. Practical side: Never talk about salary, personal situation or plans. Only talk about things affecting the other person or the general public. Avoid expressing your real opinion and leave others in the dark about your points of view and your personal circumstances.

These three small secrets – applied always and everywhere - will be very useful. Only he/she who distances himself from the masses can raise himself!

PRACTICAL MAGIC THROUGH THOUGHTS

According to the secrets of the old magicians, thoughts create vibrations at other levels of consciousness, the effects of which the human mind cannot really imagine. Don't let us follow the old magicians so far as to say that thought power will make man almighty. (Think instead about what is really caused by thoughts!!!)

Let us look at some practical teachings of the magicians which can perhaps be of use for us as well.

They say that thoughts can be linked to things, e.g. jewels or even water or paper. I will give some instructions and describe experiments following the

teachings of the old magicians. Carry them out yourself and be in control of your own success. If you come to positive results, deepen your knowledge and keep on researching. I do not feel entitled to turn you into a magician, please understand this correctly!

MAGIC EXPERIMENTS THROUGH IMITATING

Take two identical glasses of water and mark one of them so that you can distinguish between them. Fill a spoon with sweetened water. Take the first glass and hold it for about ten minutes. Imagine the water being as sweet as the sip which you enjoyed from the spoon. Think about the taste graphically and imagine how it would taste if you were to completely drink the water in the glass - it would really be sweet. If success does not come immediately, keep repeating.

Do the same with the second glass, but imagine the water as being salted. Then give the two glasses to a friend. According to the magicians, you brought your thoughts of sweetness and salt into water in the glasses. Let your friend taste them and ask him/her in which glass he/she tastes the sweet and the salted water. In many cases the result will be correct and you will be surprised.

Another experiment: Take two coins. Lay a third coin on a stove or a heater so that it gets warm. Take the warm coin into your hand. Have you clearly felt the warmth? Lay it aside and take one of the other two into your hand. Imagine this coin (which has normal room temperature) as being as warm as the warm one you held first. Hold it for about ten minutes, and then put it aside. Now put one coin into the fridge or into cold water for a short time, then take it into your hand and feel the cold. Lay it aside and then take another coin (room temperature) into your hand. Now imagine this one being as cold as the first one. After ten minutes lay it aside. Wait for an hour or more and then ask a friend to tell you what he or she feels when holding the coins. The result will surprise you.

An experiment with paper: Take two sheets of plain paper and put one of them in front of you. Look at it and imagine it as being red. Put it away after ten minutes and take the second sheet which you imagine as being

blue. Put it away after ten minutes. Ask another person which sheet has a tinge of red and which has a tinge of blue. Both sheets, however, are just white. You can come up with similar experiments!

HOW THOUGHTS CAN COMPEL LOVE

I want to describe now an ancient method of how – in the view of the ancient magicians – love can be compelled. (Of course you do not have to repeat this!)

Try to get a hair from the person you love. Take one of your own hairs and tie the two into a tight knot. Now concentrate your thoughts on the loved one and imagine you both to be joined in love just as tightly as this knot. The more vivid the image of the person is, the quicker this old spell of love should work. Thought concentration should last between thirty and sixty minutes. This spell is said to be especially effective when carried out around midnight in a night with a full moon!

You do not have to necessarily believe in this. It might be pure superstition! However, some psychological knowledge may be a useful explanation for this. The reason that I am quite cautious in this matter is just my personal aversion for superstition. This is just for your information!

HOW THOUGHTS CAN COMPEL FAITHFULNESS

Ancient magicians recommend the same love spell for compelling faithfulness. Sew the two bundles of hair into a piece of linen and enhance the effect by thinking intently of a lasting and faithful relationship. Do this in every night there is a full moon for a whole hour. Psychologists would not talk about pure magic here. However why not give it a try?

LESSON 7

PERCEPTION OF THE FUTURE

Without giving too much room to philosophical speculations, I want to write about an issue just as controversial as the prediction of future things and events of which I personally am convinced. My conviction has been confirmed by different events which I was able to ascertain for myself and which took place in my surroundings.

The prediction of future events should remain everybody's private affair, since all such experiments and the publication of their results to the general public – should they be successful – could create disturbances within human society, which every reasonable human being would wish to avoid.

FACTS ABOUT ONE'S PRECEPTION OF THE FUTURE

Animals and indigenous peoples untainted by civilization, discern natural events and disasters much earlier than civilized people who have extremely sensitive scientific devices, e.g. earthquakes, fires, and floods. Certain species which lay their eggs on the banks of jungle rivers know months in advance how far the water will rise during the next rainy season. Given that the overflow flood level sometimes is between 65 and 330 feet away from the normal river course, the foresight of these animals cannot be doubted because they always lay their eggs close to the future rainy season flood water level so that the hatched offspring can easily reach the river and yet still be protected against potential floods. Indian tribes in South American jungles predict floods, earthquakes etc. in advance, and withdraw to a safer place - a behaviour which has been often observed.

DEVELOPMENT OF THE INNER VOICE

The only way to systematically develop a perception of future events is the constant listening to one's inner voice which, however, does not necessarily speak in clearly audible words. It might also be vague premonitions,

feelings or dreams. Journaling these perceptions is certainly a good help. Every premonition and every feeling attached to the future, as well as every consciously apprehended dream should be written down. Those records later can be compared with reality – and then draw your own conclusions!

A completely relaxed listening to one's inner voice during quiet moments is of help here - through which you create a certain absence of awareness, a state of between being awake and going to sleep – and without any particular intentions. Any upcoming thoughts, premonitions and daydreams should be recorded.

There are several systems for clairvoyance training which, however, are only aimed at making money for the provider. Listening to your inner voice in a state of between being awake and going to sleep is indeed the only way to develop the inner voice and make it available. Because of practicable considerations, this should not be indulged in too often.

INDIRECT TELEPATHY

Every thought strives for realization either through deeds, words, thought radiation or physically through posture, gait, way of speaking, hand motion etc. Watching people closely and deducing their thoughts from the way they express themselves and move, results in the precious virtue of being able to understand human nature – an art which has become more than rare nowadays.

Movement and posture of hands and fingers alone can say a lot about somebody's thoughts.

On the other hand, the insight that thoughts can result in certain physical expressions, can be used in another way. Through the intentional creation of positive thoughts and the resulting mental and physical expressions, you can make a positive impression on other people and also apply certain indirect telepathy.

EXPERIMENTS WITH REFLEXES

Finally you should learn something about experiments on thought reading through observing muscle reflexes. Every thought of physical activity results in a weak reflex movement of the relevant muscles, a technique which artists frequently use for experiments and performances, two of them being Joe Labero and Eric Jan Hanussen. The latter obviously learned it from Labero who made many sensational experiments in big towns. He referred to this idea of thought reading as muscle reading, because subconscious muscle reflexes are used as the connecting links to thoughts.

Experiments with muscle reading are mainly done through physical contact between the artist and a test person. During the performance, the artist leaves the room accompanied by a second person who acts as a monitor. In the room where the audience is, something is hidden. Coming back to the room, the artist chooses a person from the audience, takes him/ her by the arm and asks him/her to guide him to the hidden item just through thoughts. The artist pays attention to the weak, subconscious muscle movements of this person's arm which will unerringly lead him to the right place.

You can also make experiments like this together with friends. Leave the room, let the others hide something, come back, take a test person by the wrist and tell him/her to show you the way just through thinking orders such as "left" or "straight ahead". Pay attention to the gentle, subconscious muscle movement of the test person's arm. On your way through the room you will sometimes feel a pressing, pulling or restraining impulse – weak but perceptible. Follow the corresponding direction and the hidden item will soon be found.

REMOVING INHIBITIONS AND MISTAKES THROUGH THOUGHTS

Finally I want to draw your attention to a method with which inhibitions and mistakes can be removed through thoughts. Inhibitions and mistakes have often become a habit and if you do not constantly think about their removal, you won't get rid of them.

Therefore it is good to create mnemonic devices which you can easily carry in your pocket. This might be a small piece of wood or a little box. Any

time this item reminds you – and this will be quite often during your day – you think thoughts which are in opposition to the mistakes or inhibitions you want to get rid of. You might use the imperative for this.

Some examples:

If you are hectic and nervous: ***"You are quiet, totally quiet!"*** Against shyness: ***"You are totally free and relaxed!"*** Against nail biting: ***"Pooh! Hands off!"*** Against blushing: ***"You are cold, totally cold!"***

Sentences like these increasingly work over time and will turn into a habit so that you think them automatically in situations where formerly inhibitions or mistakes prevailed. If this state is reached, it is just a matter of time until the inhibition or mistake is completely removed. If you permanently work on it you will be able to eradicate every inhibition and mistake over time. At the beginning, having the little "memory item" in your pocket is crucial.

SUMMARY AND REVISION

Every thought strives for realization. This might happen through: deeds, talking, thought radiation, physical movements and appearance as well as through effects of personality. Thoughts involve a power which results in either its realization or its accumulation through non-realization and non-satisfaction. Persons who accumulate thought power and do not immediately realize their desires radiate strong thought power by which they can influence other people.

Man's sub consciousness is able to feel thought effects like these – without the help of the usual five senses. The potential of thought power determines success or failure, health or illness, empathy or aversion, and many other factors which make for a happy or unhappy life.

Practical experiments and tests with thoughts and thought power are the best ways to discover and apply these principles.